

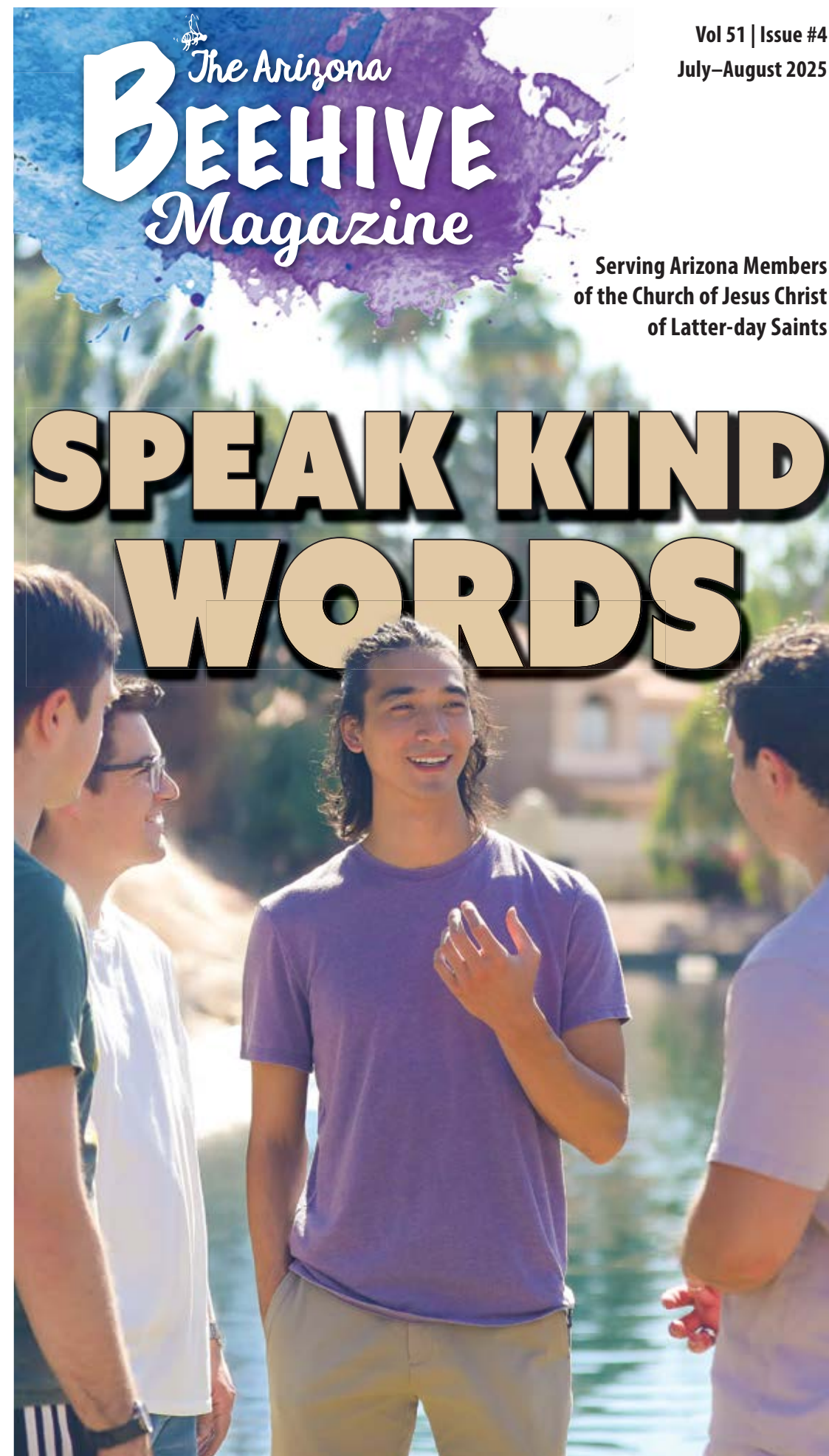


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Vol 51 | Issue #4
July–August 2025

Serving Arizona Members
of the Church of Jesus Christ
of Latter-day Saints

SPEAK KIND WORDS

ON THE COVER

Nadeem Shiban enjoys associating with fellow members of the Church.

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BYU campus. Photo by Nate Edwards

Inspiring!

BYU Summer 2025 Devotional & Forum Schedule

By Bitsy Tullis, BYU
University Communications

Every Tuesday at 11:05 a.m., students, faculty, staff and the greater BYU community attend the weekly devotional or forum address. Unless specifically marked below, the devotionals and forums will be held in the BYU Marriott Center.

Most devotionals and forums will be broadcast live on BYUtv, BYUtv.org (and archived for on-demand streaming) and BYUradio and will be archived on speeches.byu.edu.

Please plan to join students and employees each Tuesday at 11:05 a.m. MST for a truly unique experience as the campus gathers to receive spiritual and temporal edification.

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Elder Gerrit W. Gong *(Education Week)*
The Church of Jesus Christ of Latter-day Saints

WHAT'S THE BUZZ?

Distance: Thoughts From the Temple

When I joined the Church, there were 12 operating temples on the planet. I recall hearing about families in those days saving money for years in order to make 5 day journeys, traveling through jungles on rickety busses full of live chickens or on leaky boats on the verge of collapse, to their closest temple. After sacred ordinances were performed and families were sealed forever, they'd make the same trip in reverse, back to their homes. Happy, but battered and broke.

Yesterday I walked from my home to "my" temple in 8 minutes time. I can see the temple from my office window. (Interesting that my temple is one of the 12 operating temples I knew upon initiating my Church membership.) When I lived in Northern California, we drove 3 and a half hours to the Oakland Temple where I secured my own endowment. Eventually our ward was folded into the Medford Temple district, reducing drive time by an hour. Thank GOODNESS! So much closer...

Today, The Church of Jesus Christ of Latter-day Saints has a total of 382 temples in various stages of use and development, including dedicated, under construction, and announced: 205 dedicated temples, 197 in operation, 8 under renovation, 56 under construction, and 121 announced. The Church is working hard and investing a ton of resources in order to "dot the Earth" with temples and reduce or eliminate the hardships of traveling to and attending temples.

So, given these developments one would think that I would be attending the temple at least once a week. I have no boats on which to sail, no busses full of chickens, no life savings to pour into the 8-minute walk. Not a full confession, but ... I do not attend once a week. Why not? Why do we as humans treat distance so strangely? My son and his family live 35 minutes from my wife and I. They may as well live in Arkansas given as often as we see them.

I find that the answer to why distance makes no difference is that priority determines behavior, regardless of distance. Distraction and busyness "get in the way" of the things that matter the most. Our Church leadership seems to recognize this as they admonish General Conference attendees - which are the most faithful Church members - to attend the temple more frequently.

I'd like to let our leaders know that their words have worked. At least in my case! I heard them, secured some family names, made a temple appointment, and actually went, ignoring the inevitable adversary's work encouraging me not to go. Now, to "lather rinse repeat" this process!

Thank you for reading...



Michael O'Brien
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Dawan Coombs
July 1, Devotional

Dawan Coombs is an associate professor of English at BYU. She received her bachelor's degree in English teaching from BYU. She then earned her master's degree from the University of Utah and her doctorate in language and literacy education from the University of Georgia.

She researches adolescent literacy and struggling readers, teacher education, Bakhtinian theory and dialogic teaching. Her teaching interests are reading and literature pedagogy and adolescent literature.



Sherami Jara
July 15, Devotional

Sherami Jara joined BYU nearly 15 years ago after spending a decade working in policy and career development for the state of Utah. Currently, she serves as an assistant dean in the College of Humanities and the director of the Liberal Arts Advisement and Careers Center, where she oversees career readiness efforts for approximately 7,200 students across two liberal arts colleges.

Sherami holds both a bachelor's degree in English and a master's degree in public administration from BYU.



Brennan Platt
July 8, Devotional

Brennan Platt is a professor of economics at BYU. He received bachelor's degrees in economics and mathematics from Arizona State University in 2001, and earned a master's and doctorate in economics from the University of Minnesota in 2006. He loves teaching theory courses in economics as well as introducing students to economic thinking in Econ 110.

His research focuses on settings where search effort is needed to gather information on relevant options, such as job hunting, housing, online auctions, and dating. He also studies how state foster care rules affect children in care.



Paul Lambert
July 29, Forum

Paul Lambert is the religion initiative director at the Wheatley Institute. He is a leading expert on religious pluralism in society, including the role of pluralism in economics and business. Prior, Lambert was an assistant dean at Georgetown University's McDonough School of Business.

Lambert also worked at the National Defense University, where he served as professor and lead academic officer of a congressionally-funded Department of Defense and Department of State American Studies graduate program. He earned a doctorate in liberal studies from Georgetown University, a mas-



BYU Marriot Center.

Photo by Ellie Alder/BYU Photo

ter's degree in international relations from the Fletcher School of Law and Diplomacy at Tufts University, and a bachelor's degree in American Studies from BYU. He also attended the Massachusetts Institute of Technology where he graduated from the Seminar XXI Program on foreign affairs and national security.



Elder Gerrit W. Gong
August 19, Devotional
(During BYU Education Week)

Elder Gerrit W. Gong currently serves as a member of the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints. He previously served as a member of the Asia Area Presidency and member of the Presidency of the Seventy.

During his 20 years in Washington, D.C., he served as special assistant to the undersecretary of state at the U.S. State Department, as special assistant to the U.S. ambassador in Beijing, China, and in several positions at the Center for Strategic and International Studies in Washington, D.C. He was also assistant to the president for planning and assessment at BYU.

Elder Gong holds a doctorate in international relations and a master's degree in philosophy from Oxford University, where he was a Rhodes scholar. He also holds a bachelor's degree in Asian and university studies from BYU.



Amy Jex
August 5, Devotional

Amy Jex is an associate teaching professor in the BYU Department of Dance. She currently serves as an associate chair of the department and artistic director of BYU Traditionz, a cultural dance outreach performance ensemble.

Some of her favorite courses to teach are Ukrainian dance, dance history and classes within the BYU International Folk Dance program. One of the best parts of her career is the opportunity to interact with and learn from people all over the world as they impart their cultural dance traditions.

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LAYING A FOUNDATION FOR ZION

CONNECTING WITH THE

Mormon Battalion



Photo courtesy of churchofjesuschrist.org

The Mormon Battalion Historic Site near the Historic Old Town in San Diego.

By Emily Jex Boyle

How much does your family know about the Mormon Battalion? One of the many battalion volunteers to keep a record, Reddick Allred wrote in his journal that upon their return Brigham Young pointed to them and proclaimed, “These men were the salvation of this church!”

On July 16, 1846, Wilford Woodruff recorded in his journal about witnessing the Mormon Battalion begin their nearly 2,000 mile arduous march from Iowa to the Pacific ocean. “While casting my eyes upon them,” he wrote, “I considered I was viewing the first Battalion of the Army of Israel...going to lay the foundation of a far greater work even preparing the way for the building of Zion.”

Recently, youth of the Valley View Ward of Mesa, in connection with their planned youth conference, learned more from Dave Smith of the Mormon Battalion Association. He entertained the youth with the Mormon Battalion story while dressed in his period uniform. The history came to life as Smith shared accounts from the battalion’s march and how the example applies to the youth today. “President Russell M. Nelson has challenged the youth to join the

Lord’s Youth Battalion to gather Israel to prepare for the Second Coming of Jesus Christ.” Today, we are blessed with access to records and historical sites to remember and honor those who came before us. This season of the year, as we honor the kaleidoscope of experiences of our forebears, it would be worth including the Mormon Battalion in the mix.

In January 1846 Brigham Young’s nephew Jesse C. Little was called to oversee the Easter States Mission of the Church. His call came just days before the first company of Nauvoo, Illinois Latter-day Saints walked bravely down Parley Street to cross the icy Mississippi River, leaving home and the temple behind them. Prior to leaving Nauvoo, Little was tasked with an added assignment: approach government leaders in Washington D.C. for help in the move west.

En route to his destination Little met Thomas L. Kane, who became a powerful advocate for Latter-day Saints. Kane was well connected in political circles and the son of a federal court judge. He wrote

Continued on pg. 8



Photos by Emily Jex Boyle

Fun for all ages, the site in San Diego features an interactive video tour, historical artifacts, and demonstrations on gold panning and brickmaking.

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Mormon Battalion Continued from pg. 7

a letter of introduction for Little addressed to the vice-president of the United States. From Little's efforts in DC, in June 1846, President Polk decided to send an expedition west, led by Colonel Stephen W. Kearny, who he authorized to receive a few hundred Latter-day Saint volunteers already en route west in Iowa Territory.

On June 26, 1846, Captain Allen met with the first company of pioneers at Mt. Pisgah. His invitation to enlist four or five companies of men willing to serve their country and be paid was met with overall suspicion. Albert Smith wrote, "For the government to make such a demand when we were driven from our homes and possessions and were scattered upon the plains from Nauvoo to the Missouri river was more cruel than the grave."

President Young recorded that he assured church members that, "this thing is from above, for our good," and encouraged them to "make a distinction between this action and their former oppressions in Missouri and Illinois." With faith in Jesus Christ and trusting a prophet of God, nearly 500 volunteers enlisted and the Mormon Battalion became the only American

military unit mustered based solely on religious affiliation.

Members of the battalion were promised by Brigham Young that if they would be faithful, they would be protected. They faced terrible hardships and witnessed miracles. They grew in confidence of the southwest, learned about irrigation from local tribes, and served communities in California. The money each earned from the US Army was sent home to their families.

The battalion changed many opinions of Mormons/members of the Church of Jesus Christ of Latter-day Saints. Following his military career, Allen's successor Colonel Philip St. George Cooke called them the most faithful soldiers he'd ever commanded. The battalion's primary contribution to US history was building an all-weather road across the southwest which served future travelers for generations.

Looking for a creative way to bring church history to life? Reach out to the Arizona Beehive to get in touch with a local member of the Mormon Battalion Association. Consider arranging an interactive presentation in your ward or family group. For more information, visit history.churchofjesuschrist.org.

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IN THE RIGHT PLACE

A Special Tribute For A Special Nurse

By Lin Sue Flood

One of the original founders of Hospice of the Valley back in 1977 recently received an extraordinary visit from the Arizona Nurse Honor Guard, an organization that honors fellow nurses who have

dedicated their lives to the profession.

"I am just flattered and overwhelmed," said Mary Audrey Mellor, 91. "Hospice of the Valley has always had my heart because it's so compassionate and caring and loving."



Photo by Hospice of the Valley

Arizona Nurse Honor Guard volunteers were thrilled to recognize Mary Audrey Mellor, a former nurse.

Friends and family gathered together at her home at Vi at Silverstone in Scottsdale as she received a Florence Nightingale coin symbolizing comfort, gentleness, courage and an unwavering devotion to duty. Cindy Loucel then presented her with a second gift. "We have a quilt to cover you with our love and gratitude and to recognize all those patients you covered in kindness. May it bring you comfort, as you gave so many others comfort."

Some of Mary Audrey's former hospice colleagues were there too. Jean Marie Stockton was hired by Mary Audrey and remembers the first patient the two nurses visited together — a young woman with cancer.

"Mary Audrey assessing her symptoms and when she asked about pain, the woman just burst into tears. What I remember most is how she stopped asking questions and just went to hug her. I was sitting across the room think-



Photo by Hospice of the Valley

Mary Audrey Mellor co-founded Hospice of the Valley.

ing this is it, I know I'm in the right place to do the kind of nursing that I want to do. It's a moment I will never forget," said Jean Marie, who retired in late 2021 after more than 40 years of service.

Mary Audrey was one of Hospice of the Valley's early founders. "Well, I had done a bit of clinical work as a nurse and noticed that people needing end-of-life care were somewhat

Continued on pg. 14

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Lin Sue Flood, Director of Community Engagement

By Allison
Beckert

Less is More

5 TIPS FOR YOUR NEXT VACATION

Time off from work and school is precious. Vacations mean a lot more planning and work, though. That time off can feel more like a chore. Getting the most from a vacation sometimes means doing less. Here are five ways to make the most of your vacation that will also trim your to-do list!

1. Fully detach from work and pressures. This is a challenge, but a few things that might help include preparing Do Not Disturb settings on phones and emails, and limiting or turning off notifications for work and school. Being present in the moment is a skill that deserves practice on our time off. A popular *Journal of Happiness Studies* study from 2012 found 8 or more days to be the ideal length of time to be off work/on vacation. Lucky for those who can manage it, this length was found specifically to help prevent burnout and its effects on the body.

2. Go with the flow! Keep your itinerary flexible and limited to one or two activities a day. Stress is only added by rushing to and from destinations and checking off experiences like a to-do list. Make these more limited activities more meaningful by having each member of the party weigh in, leaving down time for relaxing. This approach starts the benefits of the trip in advance. One of the biggest gains of a vacation includes bonding through creativity, problem solving, and shared unexpected experiences. Different shared experiences produce different types of connection.

3. Prioritize active experience over passive. Think of the difference between taking a dance class vs. going to a movie. Memories are made, well, memorable through multi-sensory experiences, novelty/new things, connection with others, and attention/presence. Look for oppor-

tunities to be creative, have friendly competition, or work together on something.

4. Connect along the way with locals and fellow travelers. Some of the best experiences are spontaneous and social. Be friendly with people who serve you, ask for and take advantage of local recommendations, and jumpstart connections by remembering people's names. Some of the main benefits of travel for a person are expanding perspectives, improved language skills (even between regions), and increased creativity. Being open to connection taps into development of confidence and curiosity.

5. Plan for restoration (and avoid depletion). Intentionally schedule cushion time between leaving and after returning. A vacation shouldn't leave you more tired than when you left. Cushion your time where possible with ample preparation and



Photo by Leonhard Niederwimmer from Pixabay
Tavern Matala Crete, Greece

decompression time. Cortisol and stress are a part of this package, but only in small amounts compared to the enjoyment. Take time to adjust with a day or two between real life and the escape.

Traveling with the family is a challenge already. Hopefully these tips will serve you well on your next vacation!



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THE GOSPEL IN A WORD

By Emily Jex
Boyle

Relief

Recently, one of the primary children in the ward gave our family a mini figurine of Jesus that we keep on the dashboard of our car. When she gave it, she told my husband, “Everybody needs a little Jesus in their lives.”

Maybe it’s having a reminder of Jesus in my car every day, but I’ve been finding myself saying often, “I love Jesus.” Just saying it feels so good. When I shared my feelings with a friend this week, she told me about her grandson confidently telling his father, “I’m a Jesus lover--just like Grammy.”

Grandparents can be powerful teachers for youth about Jesus Christ, in life and after.

I was seventeen years old when my Grandma Jex died at age 94. Following her funeral, I remember riding with my dad to school one morning. From the car, we noticed that while the rising sun was already shining on other parts of the valley where we lived, the hillside to our east was blocking the warm sunshine. The sun hadn’t quite reached us--yet. The lines of a beautiful hymn written by William Fowler came to me, “When dark clouds of trouble hang o’er us, and threaten our peace to destroy. There is hope smiling brightly before us, and we know

that deliverance is nigh.” (“We Thank Thee, O God, for a Prophet,” Hymn #19) I found comfort in these words and above all, in my faith in Jesus Christ as my Savior. I found peace, trusting I would someday be reunited with loved ones thanks to Christ’s glorious promise to all mankind of resurrection.

Since that car ride, there have been other times when literal and figurative clouds have gathered in life, threatening to destroy in one way or another. As time passes, I notice plenty of little and big life experiences where God is teaching me, shaping me, and assuring me there is so much love, grace and relief for all of us. I am learning that when things aren’t always as I’d hope them to be, I can find relief in looking to Jesus Christ, learning from His teachings and seeking to live a life more like His.

In her April 2023 General Conference address “Jesus Christ Is Relief,” President Camille Johnson asked, “What is relief?” She explained, “It is the removal or lightening of something painful, troubling, or burdensome, or the strength to endure it. It refers to a person who takes the place of another. It is the legal correction of a wrong.” In her address, she testified that Jesus Christ is relief.

In a world fraught with trouble, Sister Johnson



Photo Courtesy of Emily Jex Boyle

President Nelson has taught, “Jesus Christ...stands with open arms, hoping and willing to heal, forgive, cleanse, strengthen, purify, and sanctify us.”

serves as a worldwide leader of the women’s organization of the Church of Jesus Christ of Latter-day Saints. She recently announced that the Church would be donating \$63.4 million to expand the Global Initiative to Improve the Well-being of Women and Children. This, combined with the Church’s donation of \$55.8 million in 2024 helps charitable partners reach families in great need especially in poor parts of the world like Bangladesh, Cambodia, Democratic Republic of Congo, Ghana, Kenya, Mali, Nepal, Nigeria, Philippines, Senegal, Sierra Leone and Zambia.

We can find relief in Jesus and there are so many ways we can help others find Christ-like relief. What a blessing! And that’s one more reason why I love Jesus!

FamilySearch at the Mesa Temple Visitors' Center is COOL!

The Weather outside is frightful.....
It has been a beautiful spring with amazing weather and even a shower or two. We could enjoy this year-round but those of us who have lived in the valley more than a month or two have memories of the weather last summer and fall and we hang our heads in an "Oh no! What are we in for?" moment.

So now that we know what we are in for, what is there to do. Run from our air-conditioned house to



The Tolman Family in Nauvoo, 1997.

our air-conditioned car to our air-conditioned office or store. Then we come home and relax in our overly warm pools until the sun goes down and we start all over again the following day.



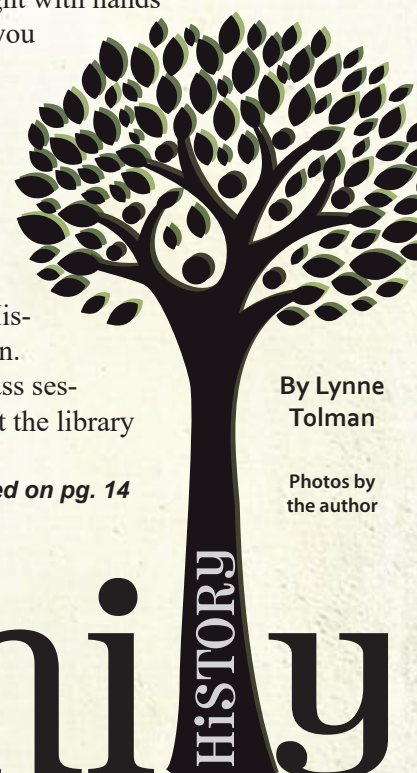
The Tolman Family pioneer trekking, 1997.

Summer is upon us and we have lots of things we can do. Family History is one of them. The Mesa Visitors Center has a family history center upstairs that can help us with that.

The air in there is cool while attending classes given by people that understand how to help us find those elusive records, learn how to use FamilySearch, add memories, connect people and families through census records and using the equipment at the center. These are taught with hands on experience as you follow along with the computers at the center. To find classes, go to: Mesatemple.org/visitors-center then click on the See The Family History Classes button.

After a few class sessions you can visit the library

Continued on pg. 14



By Lynne Tolman

Photos by the author

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New Ownership, Big Dreams

Pomeroy's Men's and Missionary Store

By Rauna Mortensen

If you were a young man who departed on a mission from Arizona in the past 75 years, you may well have stepped inside Pomeroy's Men's and Missionary Store in downtown Mesa. Wayne Casto Pomeroy founded the store in 1951. He was born in Mesa, descending from pioneer settlers of the area. After returning from World War II with a Purple Heart, he married Cecil Henrie on December 21, 1944. Wayne attended Brigham Young University and New York University before opening his beloved store.



Wayne Pomeroy with daughter Michel Fluhr next to statue of Wayne in downtown Mesa.

Wayne Pomeroy's interpersonal relationship and leadership skills lead to terms on the Mesa City Council from 1966 to 1974, with the last two as vice mayor. Then he was elected mayor of Mesa from 1976 to 1980, and his statue graces Mesa's downtown today. In 2012, when he decided to retire at age 89, one of his four daughters, Michel Pomeroy Fluhr, who had worked alongside Wayne at the store for many years, acquired the business. Michel and her three sisters Sandy, Wendy, and Lisa grew up in Mesa and are proud to call Wayne their dad. He died in April 2019 at the age of 96. When Michel decided to retire as well, long-time manager and buyer Douglas B. Wimmer stepped up and purchased the store in April 2025 and is now the current owner.

Douglas Wimmer came to Pomeroy's with his mom back in 1994 to get outfitted for his mission to Japan. After he returned home, the store manager who had helped Douglas remembered him and called him to see if he wanted a part-time job, and that was the start of it all. Douglas quickly gained experience and confidence and soon took over the role of manager and buyer. With his knowledge and experience, he is planning to continue the tradition of providing fine tailored clothing.

Pomeroy's is in many ways a classic traditional men's shop in that rather than following fads and quirky trends, it concentrates on high-quality, good-value, durable items built specifically for their clientele, of which a good portion is missionaries of The Church of Jesus Christ of Latter-day Saints. In addition to missionaries, they also provide the same personalized service to wedding parties, college graduates, and those shopping for school dances. They constantly update and listen to customer's needs



Douglas and Heidi Wimmer & family.

in order to stock a wide selection of colors, sizes, and styles in everything from suits, slacks, stretch shirts and shoes, to luggage, belts and side bags. Pomeroy's prides itself on being a true full-service men's shop. Working with customers on a one-on-one basis, the store provides a truly unique experience that leaves the customer informed and satisfied.

Douglas plans to eventually expand to other areas of the Valley and also envisions Pomeroy's offering in-home suit consultations and direct home delivery. He is developing a new full custom suit program as well. Along with his wife, Heidi and four children Martin, Roxie, Zoey, and Hudson, Douglas hopes to provide high-quality clothing and accessories to the people of the state of Arizona for years into the future.

Visit Pomeroy's at 136 W. Main Street in Mesa, or at pomeroysclothing.com.

Family History Continued from pg. 13

and start scanning or adapting those old pictures, documents, audio and video cassettes to make them usable and shareable. My last article told of all the equipment that is available but if you missed that just head over with a trusty thumb drive and SD card so that you can take your copies home with you when you leave.

I was going through pictures recently and found several that fit into the same story: 1997 and the reenactment of the pioneer trek in 1847. Our family traveled to Nauvoo and wore our Faith in Every Footstep t-shirts. Later we went to Salt Lake to watch the wagon train come in. We tracked the day to day journey with updates from *The Friend* magazine about what they did each day and we posted pictures of little wagons or campfires along a route

around the house. Now that I have the pictures, all I must do is add the story.

So how many of your pictures trigger memories in your mind. How many of these can be put into a story of someone on FamilySearch. Come and let us help you navigate this maze of pictures, stories and all the rest.

I have an ancestor that was born at Chimney Rock, delivered after his mother walked 10 miles the day of his birth. A wagon master by the name of Milo Andrus named the baby Milo Chimney Rock Vincent. My ancestor later changed his name because who wants to be known as Chimney Rock? This is one of many stories from church history. You can find yours also. Have a great summer and enjoy the COOL of the library.

Tribute for a Special Nurse Continued from pg. 10

ignored, and I thought I want to be part of this new hospice because it's so hands-on and you have time with the family and patient," she said. "And it appealed to me that it was not-for-profit."

Her daughter, Jennifer Paridon, was brought to tears by the recognition. "That was such a great honor. My mom loves Hospice of the Valley and dedicated half her life to serving there — it truly is the center of her life. This is so amazing."

That sentiment was echoed by Mary Audrey's son, Andrew. "We're really thankful that everyone took the time to come out and honor mom this way. It was the tribute of a lifetime."

Lin Sue Flood is community engagement director at Hospice of the Valley.

Sibling Harmony

Discovering Life in 3D

By Katherine Ogden

There's a relatively new singing group in the Gilbert area who are garnering a lot of attention and rapidly rising in popularity. Brothers Daylon (24), Devon (19), and sister Daura (22) make music that is marked by a beautiful blend of creative harmonies resulting in their quite unique sound.

Singing together since they were in high school with each participating in the school choir at one time or another, none had plans to become singers. The siblings had their own individual interests in science related studies, with Daylon studying Electrical Engineering, Devon studying Computer Science and

Daura in Bio-Chemical studies. They started their ensemble by singing musical numbers together in church on Sunday mornings.

"Our mother actually came up with the name Life in 3D, because she says living with us is kind of like living in the middle of a musical. Devon often goes around the house beat-boxing and scatting a lot," laughs Daura. "It actually gets a little annoying."

A YouTube channel aptly named Life in 3D was set up on which the group posts videos of them harmonizing to such well known numbers as "Unchained Melody," "Sounds of Silence," "Earth Angel," "You

Raise Me Up," and John Denver's "Country Roads." "When we reached our first 600 views, we got very excited about it," says Daura. "Now we have close to 2 million followers and over 150 million overall views on our platforms."

As a tribute for Memorial Day 2024 fans were asked for pictures and stories of their family members who had served in combat. The response they got back was so overwhelming that after making the initial video entitled "The Last Goodbye, a WWII Tribute on Veteran's Day," they made a second instrumental video in order to include photos received but could not be included in the first one.

57 videos are currently posted on the Life in 3D channel, and usually one or two new videos are posted each month. They've released four albums, including a Christmas album, that are available on CD.

The group recently started working with the creative team of Bump, Set, Spike, consisting of William Bradford, Jeffery Linford, Jason Linford and Lee Linford. "We happened to catch them singing down at the Sunday musical concerts at the Mesa Temple," says Jason Linford, "and thought they were great."

Responding to inquiries from fans about when they might be performing, their debut concert has been booked, to be held at the Mountain View Auditorium, at Mountain View High School, Mesa, AZ on Saturday, July 19, 2025, from 7:00-8:30 PM. "It will be a night filled with music and stories, and getting to know Life in 3D in a more intimate way," says William Bradford. More information about music, albums and tickets can all be found on their website, at www.lifein3dmusic.com or on their newer YouTube videos.



Running through a preliminary practice.

Photo courtesy of William Bradford

By Mark Randall



On a trip to the Grand Canyon a couple was standing on the scenic viewpoint, overwhelmed at the colors, grandeur, and beautiful panoramic scene before them. Another car pulled up and the father rushed out with his camera and took a quick photo. As the children started piling out of the other car, the mother shouted at them. "Hey kids, stay in the car! You can see the picture Dad took when we get home!"



Life in 3D: Daylon, Daura and Devon.

Photo courtesy of William Bradford

A Different Approach

The Realtor Journey of Kristy Cartee

By Katherine Ogden

Wondering how to find a first-class real estate agent? Experience and education help, but is that enough? How can I best help my clients? These are questions that realtor Kristy Cartee has often pondered.

Kristy has taken her love of healthy living and created a business model built on listening. “I try to help my clients figure out what their best life looks like,” says Kristy, “There’s no better place to start a healthier lifestyle than in the home. It’s where most people spend most of their lives. A home is more than walls and building material. It’s more than something to be bought and sold. It, and the community that it is a part of, affect our health, happiness and well-being, and that is what ‘healthy home, healthy living’ is.”

“When selling, owners often have a lot of memories tied to their homes, often leaving behind not only their house, but their family traditions and daily living habits. They are usually very proud of their homes. I let them show me around and share all the improvements they’ve done and all they are proud of. They know their home better than I do. I can help the marketing of their home through listening,” says Kristy. “As the saying goes, ‘Meet someone where they are.’”

Clients often seek out Kristy because of her vitality and energy. As she focuses on her own mind, body and soul’s health, Kristy creates a calm, healthy and upbeat atmosphere with her clients. Holistic real estate defines a “First Class Real Estate agent.”

Kristy is based in Scottsdale but works throughout the valley, and can literally meet clients “where they are” at the many HomeSmart Corporation locations throughout the valley.

Kristy has spent nearly two decades in the real estate arena, beginning as an investor then working in the mortgage industry, and now having her real estate license.

She recently graduated from the Realtor Institute. There she was awarded the Graduate, Real Estate Institute (GRI) designation after completing 95 hours of classroom instruction and examinations, covering subjects such as contract laws, professional standards, sales and marketing, finance, and risk reduction. “They give you up to five years to finish the course classes,” says Kristy, “but I wanted to finish within one year, which I was able to do.”

Kristy often develops relationships with her clients that continue beyond their real estate experi-



Kristy Cartee.

ence. She’s created a “The Kitchen is the Heart of the Home” mailer that she sends out monthly. It features a recipe of the month as well as handy tips for clients to live their best life. She writes a monthly electronic newsletter that she sends out as well.

Her website is kristyarizona.com, and you can also subscribe to her Youtube channel [@kristyarizona](https://www.youtube.com/@kristyarizona).

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By Robin
Finlinson

Come Follow Me

This article supports the readings in the manual titled *Come, Follow Me—For Home and Church* in July-August, 2025, and focuses on Doctrine and Covenants Section 86.

Evidence of Apostasy & Restoration

The Church of Jesus Christ of Latter-day Saints, established in 1830 in the United States, claims to be the Lord's true and living Church. It claims to have been restored after a great apostasy, during which Christ's New Testament Church was not functioning on earth for over 1,000 years. Those are bold claims. Is there any biblical evidence supporting them? There's a lot. Here's just a bit of it. The evidence that the ancient Church stopped functioning is, to quote the character Sherlock Holmes, "so overt, it's covert."

First, let's clarify a term. The Bible Dictionary says that the term *kingdom of heaven* "is sometimes used in scripture to mean the Church (as in Matt. 3:2; 4:17; 13; and 25:1-13), meaning that the true church on the earth is the path to heaven and is the kingdom of heaven on earth."

Now, let's look at the Lord's parables regarding the kingdom of heaven in Matthew 13. Notice that each time Jesus compares the Church to an object, that object is buried, planted or cast deep into the ground or sea, or else it is hidden in something for some time. When it emerges, it becomes a cherished treasure. Let's include in this investigation the Apostle John's vision of a woman, also referring to the Church, fleeing into the wilderness to be hidden. John even seems to be dropping a clue that she comes out of hiding in a great land represented by an eagle. (Rev. 6, 14)

In parables comparing the Church to people, the people fall asleep for awhile (symbolic in scripture of having died). In D&C 86, the Lord offers clarity about His parable of the wheat and tares, plus another interpretation of the sowers: His apostles, who slept. "And after they have fallen asleep the great persecutor of the church, the apostate, the whore, even Babylon, that maketh all nations to drink of her cup, in whose hearts the enemy, even Satan, sitteth to reign—behold he soweth the tares; wherefore, the tares choke the wheat and drive the church into the wilderness." (Vs. 3)

Jesus and His Apostle Paul foretold that this would happen, warning that "ravening,"

"grievous" wolves would appear as sheep but would "pervert the gospel of Christ" and "draw away disciples..." (Matt. 7:15; Acts 20:29-30; Gal. 1:7)

With that perspective, notice something significant about the 10 Virgins, who represent the Church in a parable in Matthew 25. What

did the Church do for a while as the Bridegroom tarried in heaven? Where He must be received "until the times of restitution of all things" when He would "gather together in one all things in Christ." (Matt. 25:5-7; Acts 3:21; Eph. 1:10) The Church slept, not waking until the Lord was about to come.

All of the Lord's creations go through the process of death and resurrection, as He did. Recalling Paul's description of the Church as symbolizing "the body of Christ," with Christ Himself as the Head (1 Cor. 12:27; Eph. 1:22-23; Col. 1:18), it shouldn't be surprising that His Church would lay down its battered remains and would at some point rise from the ground renewed through His revitalizing power and authority. Paul said we are "[b]uried with him in baptism, wherein also [w]e are risen with him..." (Col. 2:12)

Following the Lord's pattern of the first being last and the last being first: Jesus Christ would



Photo by Robin Finlinson

"Buried with him in baptism, wherein also [w]e are risen with him..." (Col. 2:12)

die first, followed by His Church, and His Church would return to earth before the grand finale of His Return.

See also Romans 6:4; 1 Cor. 12:25.

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The Number One Addiction In The World

Author, Counselor, Jeffrey Erickson Helps Us Manage Screen Consumption

By RuthAnn Hogue

For many, the idea of a single career path is daunting enough. Imagine juggling three. For prominent LDS author Jeffrey Erickson, this isn't just hypothetical. Erickson spends two days a week as a dentist, two days as a counselor, and dedicates half a day or more to writing, depending on the week.

Erickson is an associate licensed counselor (LAC), which means he operates under supervision, meeting with a supervisor monthly or bimonthly. While some counselors remain LACs for years, Erickson noted that because he counsels part-time, it might be a while before he becomes a licensed professional counselor (LPC), which requires 2,500 hours.

As an author, Erickson has a new book, "Digital Drift," expected in late 2025, with the rough draft slated for completion this week. The book stems from his observations as a counselor specializing in pornography addiction, where he realized a common

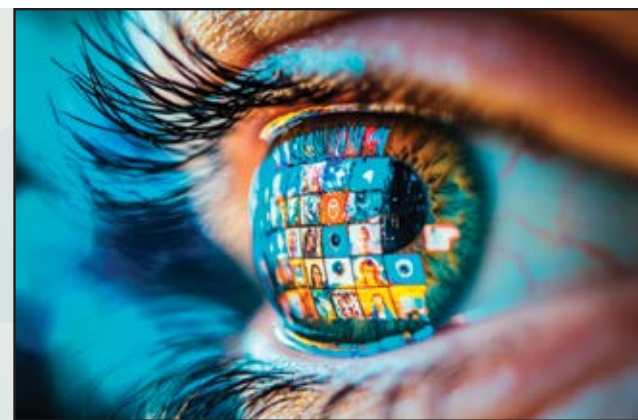
thread: excessive screen time. He explained that the real issue with pornography is its accessibility, leading to significant screen time.

Erickson's work with his ScreenGuy.com website and his lectures in LDS wards and stakes focus on screen management and the concept of "digital drift"—how people drift away from their ideals the more time they spend on screens.

"It's a really fun. It's a really Hot Topic," he said. "Parents love it, but it's, it's really inviting people to quit spending so much time on their screens. I throw out a lot of statistics, but then I just try to teach parents screen management for their kids, and for them."



Author and Counselor, Jeffrey Erickson



Screen addiction is the number 1 addiction in the world.

That's because screen addiction is the No. 1 addiction in the world, the Gilbert-based husband and father said, adding that most teenagers spend nine hours a day on screens, not including educational use, and average only seven minutes a week talking to their parents.

Relying on digital interactions to make up for deficits in real life can be triggered by depression or loneliness. The so-called cure, however, often makes things worse.

"Heavy digital consumption generates two to five times more depression," Erickson said.

Erickson clarified that his focus is on "wasteful screen time," such as endless scrolling and social media swiping, rather than necessary screen use for work.

His passion for counseling and helping

Continued on pg. 21

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Near-Death Stories

Rebbecca Irvine, the author of the recently published *Hinge Points in History*, is a grandmother, a college professor, an author, and also a YW President. She says, “I write in the evenings before I get too tired.”

Irvine says, “The past is full of hinge points—instances when slight alterations could have led to vast departures in the course of history. *Hinge Points in History* shares the near-death stories of historic leaders who survived and went on to change the world.”

“I originally was interested in the near-death stories of latter-day prophets whose lives were preserved by the hand of the Lord. In writing that manuscript, I got stuck on the prophet Howard W. Hunter, and my writing stalled. At some point, while listening to an interview with David McCullough, he mentioned how Winston Churchill and FDR had



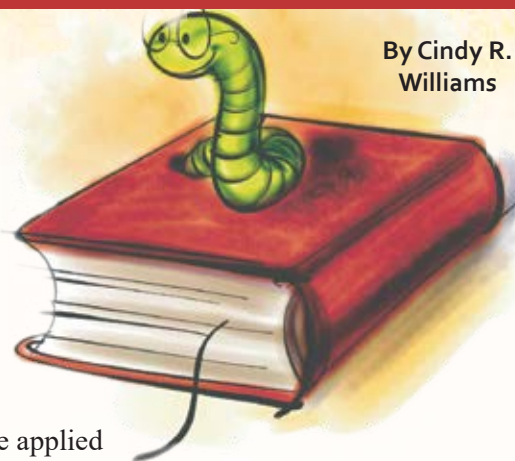
Author Rebecca Irvine.

both nearly died in their youth, but had gone on to change history and the outcome of WWII. I realized the concept of near-death stories could be applied more broadly, so I began looking for other world leaders who nearly died,” says Irvine.

Irvine adds, “*Hinge Points in History* is biographical nonfiction. At the end of each chapter, I spend some time discussing what might have happened if the leader had died young, and who else could have stepped in. But this is still rooted in actual history.”

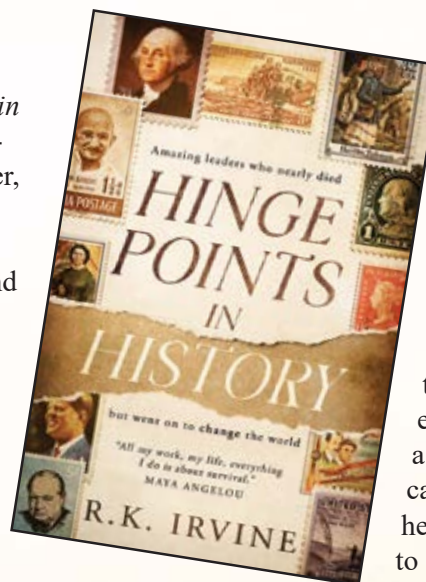
She says she read over sixty biographies, and it took over eighteen months to research, write, and edit the book.

Irvine says her favorite chapter to write was on Clara Barton. “Her story touched my heart. She want-



By Cindy R. Williams

Beehive BOOK Reviews



ed to be on the battlefield helping the wounded (she called it ‘between the bullet and the hospital’) because she felt it would save more lives. There were times she would find bullet holes in her clothing after a battle had ended. After the Civil War, she had severe mental health issues from all the trauma she had witnessed. She eventually had to check herself into a sanatorium to get the mental health care she needed, but this did not stop her from lobbying government leaders to sign the treaty that enabled the birth of the American Red Cross.”

Irvine’s book is available on Amazon.

Mother and Daughter Share a Visually Captivating Journey

Jesus’ *Covenant People* was co-authored by Beulah Martin and her oldest daughter, Holly Jo Martin. Together they wrote and created the illustrations. Beulah says this book is “a testament to our shared vision, artistry, and devotion to teaching gospel truths to young minds.”

Beulah says, “This is a true and exciting story that I felt inspired to write. I have loved the research and study that it has taken to develop into an interesting story.”

Martin says, “We took the story of each of the early prophets to introduce the part that they played in the beginning. How the covenants they made with God, at their time on earth, were important for their progress and wisdom.”

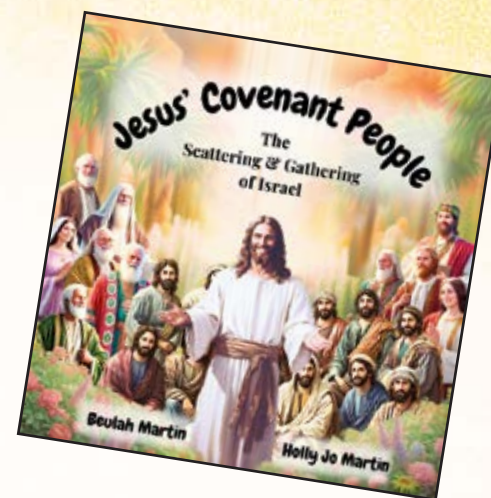
Beulah adds, “We felt that introducing them as real people and

in their respective places in the history of the earth, the youth would be more excited in learning about their ancestors and having the responsibility of gathering of the Israelites. What was their story - how did they get scattered? The subtitle of the book, “The Scattering & Gathering of Israel,” was the main story we wanted to tell.”

In the center of the front cover, Jesus stands open-armed inviting all to come to Him. His face glows. Readers feel happy and loved just looking into his eyes and seeing his smile.

Beulah says, “At the heart of the book lies two powerful questions: *What role did these prophets play in the formation of God’s*

covenant people—and what does



that mean for us today? Their covenants with God weren’t just historical agreements; they were deeply personal steps in their spiritual progress, full of faith, growth, and purpose.”

Beulah is a great-grandmother and has no plans of slowing down. She says, “Life just keeps getting better - don’t let old age make you scared. That is when you can use all your life experiences to accomplish whatever your heart desires. I appreciate the promptings of the Holy Ghost and feel that we are being led to share these wonderful stories with the youth.”

The book is available on Amazon.



Author Beulah Martin.



Co-author Holly Jo Martin.

YOUR MENTAL HEALTH

Correcting Imbalance with Vitamins, Minerals, & Supplements



Mental Health and self-care are big ticket marketing and sales angles. Merely searching a condition or asking a simple question out of curiosity will bring a flood of advertisements for wellness products – many of which say they have the solution in the form of a little pill or supplement plan. While correcting an existing imbalance can have a positive impact on mental health, the following supplements should be considered only with the recommendation of your doctor after appropriate consultation and perhaps tests.

Magnesium as a supplement can come in a variety of forms that does wildly different things to the body. Magnesium citrate can be used to treat constipation. Magnesium taurate is sometimes recommended to support healthy sleep. Lately, magnesium supplements have been touted as a treatment for depression. This is supported with studies; however, supplementing is specifically for reaching healthy levels when there are low levels to start with.

Antihistamines have been used to treat anxiety,

especially acute anxiety, for years. There are however, drawbacks to long-term use. The sedative effects of common over the counter antihistamines like Benadryl can pull someone out of an acute anxiety attack, but use over an extended period has shown an increase in the chance of memory and mental function issues as we age. Over the counter formulas differ a bit from prescribed antihistamines, so stick to a prescribed compound for long term treatment.

Another family of popular supplements are the B-complex vitamins. These are a group of micro-nutrients whose names may be familiar on their own – Niacin, biotin, folate, and thiamine. With a balanced diet, these are already available in plentiful amounts for normal and healthy function. B12 (Cobalamins) shots have been popular in the past but its connection to mental health improvement is tenuous at best and needs more research. B vitamins are not a cure-all and only effective in cases where the patient is deficient in B-complex vitamins.

Vitamin D is a more common vitamin, and deficiency of vitamin D is linked increased symptoms of

depression, anxiety, and more mental health difficulties. Excess vitamin D does not prevent these conditions, so only supplement if there is a deficiency. It's generally not necessary to take as a supplement if moderate, regular sun exposure is enjoyed.

More recently, prebiotics and probiotics have received a great deal of attention in media and in research. Discussion of the biome of our gut and digestion, and their connections to our mental function have exciting prospects for those who struggle with depression and anxiety and other mental challenges. Best dosing here is through fermented food like Greek yogurt, pickles, sauerkraut or kimchi. If choosing to use a commercial probiotic or prebiotic, pay attention to the strains of good bacteria used to make it. A variety will serve better than a single or double strain alone.

Again, consult your doctor before applying any actual supplements to your regimen. A healthy diet, exercise, and meeting social needs will go a long way to prevent most vitamin and mineral deficiencies.



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STARVING for LAUGHTER! JesterZ IMPROV COMEDY

By Barbie
VanCott



JesterZ Improv crew.

The JesterZ Improv Comedy show began in 2001. It got started out of love for laughter and a passion for providing clean comedy at a time when clean wasn't popular. The idea sparked from founders Jef and Shurlin Rawls early in their marriage. They wanted to create a place where families could laugh without fear of off-color jokes, inappropriate content,

or crude expletives.

JesterZ first launched their shows in Scottsdale's Papago Plaza. They quickly established a cornerstone of local comedy. For 14 years JesterZ packed houses with quick-witted, high-energy shows. They use no scripts or props. It's pure improv, with audience participation.

The performers have a unique

purpose. "We improve the quality of life," Rawls said. "We want to create memories of laughter, with friends and loved ones."

In 2014, the JesterZ troupe relocated to Mesa Riverview Shopping Mall. At that location, they performed for the next 10 years. Their popularity continued to grow. They've hosted notable guests such as Sean Astin, who

appeared in *The Lord of the Rings*, *The Goonies*, and *Forever Strong*; Brad Sherwood from *Whose Line Is It Anyway*; Matt Meese, Jason Gray and the rest of the cast from *Studio C*.

In 2020, when the COVID-19 pandemic hit, live entertainment came to a screeching halt. But JesterZ weathered

Continued on pg. 22



Serve Your Local Community!

A New Leaf is looking for kind people like you to make an impact in our local AZ community through JustServe

You can find exciting opportunities to serve your local community on A New Leaf's JustServe page today. Find projects such as:

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- Putting together hygiene kits for homeless families
- Painting murals at local community centers

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Visit: JustServe.org/ANewLeaf

Number One Addiction Continued from pg. 18

others, especially youth, grew out of his service as a bishop from 2008 to 2013, and in young men's leadership afterward. He decided to go back to school for counseling in 2015, initially dropping out due to church commitments but returning in 2018 and finishing his program at the end of 2022. He also served for about two years in the LDS Addiction and Recovery program, which he said stimulated his desire to do more in that area.

"Here's where we get really vulnerable," Erickson said. "This is constant; every four or five minutes, the phone's calling to us, and we're responding. The advice we're trying to give people is, don't immediately respond. Check in with your phone once an hour."

In addition, Erickson offers three key tips for parents:

- **Be connected to your child.** A strong parent-child relationship fosters influence.
- **Have healthy talks about sexuality.** Open conversations make children more likely to share experiences.
- **Establish healthy technology rules.** Treat a phone like a Ferrari—don't

just give it to a child without rules. He advocates for "time-outs" from screens, such as no screens after 8 p.m. or on Sundays. He also suggests limiting daily phone screen time to two hours and aiming for under 50 phone pickups per day.

He warned against giving children "free rein early" with technology, comparing it to training for a driver's license. Erickson noted that gaming is the second-biggest screen addiction after pornography. While he sees value in gaming as a reward, he emphasized that activities with eye contact and facial expression are more beneficial for bonding than gaming.

If this feels all too familiar, don't feel bad.

"I talk about this stuff, I teach about it, and I get sucked in just like anyone else does so," Erickson said. "But if you've noticed some negative or unhealthy changes or things you don't like, step back and evaluate your screen life—your digital environment—to see if you're digitally overdosing a little."

Jester'Z Improv Comedy Continued from pg. 21

the storm, adapting and emerging even stronger. Rawls explained, "If ever there was a time we needed laughter and a connection in the community, it was during the difficult times of COVID. It was fueled by a loyal fan base, lots of creativity, and a relentless drive to connect through comedy. We are grateful for the support we received during that time. People were starving for laughter!"

Now in its 25th season, JesterZ Improv is in Downtown Gilbert! It teamed up with Nate's Backyard BBQ to provide audiences mouthwatering food and fun-filled performances.

In addition to providing laughter and entertainment, JesterZ has launched various classes for youth and adults to teach them improv skills. JesterZ also offers improv classes for corporate entertainment and team building workshops. If you are looking to keep your kids busy this summer, check out their comedy and confidence camps for kids and teens.

Jef and Shurlin have kept JesterZ thriving as premiere leaders in clean comedy. It is a respected and enduring force in Arizona's Arts community. Rawls believes that saying "Yes!" is a life skill every human should learn.

JesterZ's new location is 228 North Gilbert Road in Gilbert, AZ. Guests can enjoy dinner, signature sodas, and dessert with their comedy. Performances are on Thursday nights at 6:30 pm, or Friday and Saturday nights at 6:30 pm and again at 8:00 pm.

Visit jesterzimprov.com or call the box office at 480.423.0120 to purchase tickets, or for more information. Tickets in advance is highly recommended!

Correcting Our Imperfections

Understanding & Finding Our Spiritual Gifts

By Jaylene Garrett

Spiritual gifts are urgently important. President George Z. Cannon taught that it is our duty "to pray to God to give [us] the gifts that will correct [our] imperfections." (Millennial Star, Apr. 23, 1894, 260.)

Elder Marvin J. Ashton counseled, "For us to conclude that we have no gifts when we judge ourselves by stature, intelligence, grade-point average, wealth, power, position, or external appearance is not only unfair

gifts: the gift of asking; listening; hearing and using a still, small voice; the gift of being able to weep; of avoiding contention; of being agreeable; of avoiding vain repetition; of seeking that which is righteous; of not passing judgment; of looking to God for guidance; of being a disciple; of caring for others; of being able to ponder; of offering prayer; of bearing a mighty testimony."

There are many ways to discover our gifts. Patriarchal blessings are one way that can be very insightful. Look for categories like gifts, talents, admonitions. Look for words that are repeated and pray also to see implied gifts. We each have a personal mission, and our patriarchal blessing is a personal scripture to help us find and fulfill our mission.

We can also list our strengths and personal weaknesses. Studying our strengths can help us make our gifts more obvious. Studying how to overcome our weaknesses may help us know the gifts we need to ask for.

Ideas to help you determine your gifts:

- Invite the Lord to become your guide to spiritual discoveries by prayer, fasting, scripture study, obeying commandments, listening to our prophets and apostles.
- Study your ancestor's blessings (available on the church website) to compare common blessings, patterns and spiritual gifts.

- Follow promptings to know how the Spirit teaches us individually and find the time you can feel the spirit more.
- Take care of your physical body with good sleep, healthy eating and following the Word of Wisdom. When your body is more spiritualized, your spirit can be more present.
- Create conditions around you that are conducive to being able to hear the spirit.
- Prepare before General Conference to allow yourself to be taught about gifts.
- Attend the temple as often as possible.



but unreasonable." From Doctrine and Covenants 46:11-12, we have this truth: "For all have not every gift given unto them; for there are many gifts, and to every man is given a gift by the Spirit of God. To some is given one, and to some is given another, that all may be profited thereby."

Elder Ashton also said, "Let us review some of these less-conspicuous



As a family we can study and know each other's gifts, and can see how each member balances out the other weaknesses and can help each other be strengthened.

It's sizzling outside! Let's go relax and cool off by the pool tonight!

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What's Cooking?

By The Arizona Beehive Magazine

HOMEMADE PIZZA!



Who doesn't love pizza? Pizza night out can be expensive, as everyone wants something different. Consider staying home and making your own. Homemade pizzas are pretty simple... and definitely healthier. Depending on how much time you have, you can make your own crust, use store-bought dough or just buy a bake-and-use flatbread. While the sauce fills the house with the aroma of a pizzeria, let individuals pile on toppings to create their own gourmet pie.

To make your own dough, try this basic, fail-proof recipe. While it does take a bit of time, it is a great way to include family members. Make it by hand or use a bread machine, standup mixer (like Kitchen Aid) or a food processor. Unused dough freezes nicely.

TOPPINGS: Pineapple, or no? This, like anything else with which you'd like to adorn your pizza, is up to you!

DELICIOUS TOMATO SAUCE INGREDIENTS

- 1 – 14oz can Italian peeled tomatoes
- 2 T olive oil
- 2 large cloves garlic, finely sliced
- 2 T Sweet Basil
- 1 small onion, minced
- 2 T dried oregano
- 1 tsp. black pepper

SAUCE INSTRUCTIONS

Combine all ingredients in large pan. Bring to slow boil. Cover and simmer for at least 1 hour, more to achieve desired consistency. Stir occasionally. Makes enough for 4-6 pizzas.

BASIC PIZZA DOUGH INGREDIENTS

- 1 $\frac{3}{4}$ cup warm water, (warm on the wrist, not too hot) 1 ($\frac{1}{4}$ oz.) package active dry yeast
- 4-5 cups unbleached all purpose flour
- 3 T olive oil, and for bowl
- 2 tsp. salt
- Pinch of sugar
- Cornmeal, for pan

DOUGH INSTRUCTIONS

1. Sprinkle yeast over water. Allow it to activate, about 10 minutes or until the yeast is creamy. (Note: If you don't see foaming, toss it and start again. You either have bad yeast, or the water is too hot or cold.) Stir until yeast dissolves.
2. In large bowl, combine 4 $\frac{1}{2}$ cups flour, 2 T olive oil and salt and sugar. Add yeast mixture and stir until a soft dough forms. Turn dough out onto a lightly floured surface and knead, adding more flour if necessary, until smooth and elastic, about 10 minutes.
3. Lightly coat a large bowl with oil. Place dough in bowl, turning it to oil the top. Cover with plastic wrap or kitchen towel. Place in a warm place and let rise until doubled in size, about 45 minutes to an hour. Flatten dough with your fist. Cut dough into 2 pieces and roll into balls. (Each half will make a 12-inch pizza.) Flatten dough slightly. Dust the tops with flour. Place balls of dough on floured surface and cover again, allowing room for dough to expand until doubled, usually 30 minutes. Dough is ready to be shaped, topped and cooked.
4. If using right away, preheat oven to 400 degrees at time of second rise. Place on a cornmeal-dusted pizza stone, pizza pan, or cookie sheet. Push up edge slightly with fingertips to create a ridge around pizza. Top with desired ingredients. Bake for 16 to 18 minutes, or until crust is golden brown and cheese is bubbly. Oven temps will vary, so check at 10 minutes.

By Grace O'Brien



One Week at a Time: Starting Your Food Storage Journey

Building a one-year food storage may sound overwhelming—but it all starts with just one week.

For many busy Arizona families juggling callings, work, and family life, the thought of storing a full year's supply can feel intimidating. But the key is starting small. With a simple one-week plan, whether living in a small apartment or managing a large household—you can begin your journey toward greater peace and self-reliance.

Step One: Count Your Crew

Begin by calculating how many people you're planning for. Plan each meal for one week. Adjust for kids, teens, and dietary needs. Don't stress perfection—just get started.

Step Two: Keep It Simple

Focus on shelf-stable, easy-to-prepare basics your family already eats. A one-week supply for one person might include:

- 7 lbs. grains (rice, pasta, oatmeal)
- 3 lbs. protein (canned beans, tuna, peanut butter)
- 1 quart cooking oil
- 1 lb. powdered milk
- Canned fruits & vegetables
- Salt, seasonings, and 1 jar pasta sauce

If your family enjoys spaghetti, chili, or oatmeal, build around those

meals. Familiarity means less waste and better rotation.

Step Three: Make It Personal

Food storage doesn't have to be bland! Include what I call "Joy Items" like hot cocoa, shelf-stable cheese, or pudding. Small things can lift spirits when times are tough.

Step Four: Rotate & Replenish

Once your first week is stored, you've created a strong foundation. From there, build gradually. Add another week

next month. Rotate items every few months so nothing goes bad. Progress, not perfection, is the goal.

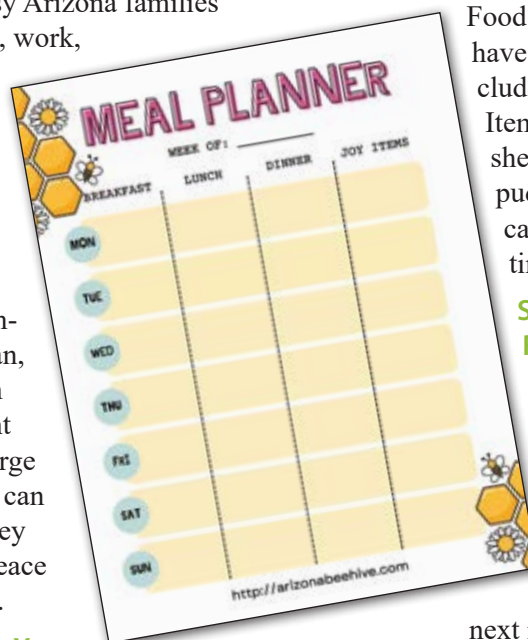
Step Five: Do It with Joy

As Latter-day Saints, we're counseled to prepare both spiritually and temporally. Food storage isn't about fear, it's about faith. President Gordon B. Hinckley said, "The best place to have some

food set aside is within our homes." By preparing, we bless not only our families but can extend help to others.

Start small. Start today. Scan the QR code on this column to download the free Meal Planner Sheet to track your progress and celebrate your wins. With a little planning and consistency, you'll be amazed at how quickly your food storage grows.

One week at a time—you've got this!



Scan for your Weekly Meal Planner sheet!



JUSTSERVE

By Hillary
Fevrier

Oh, SNAP

Creating Belonging for Adults with Disabilities

The sense of belonging is one of humanity's deepest driving forces. Yet, for some people who may be called "different" by society, finding that sense of belonging can be challenging. When a young adult with disabilities finishes high school, the transition can be lonely and isolating. The once-vibrant social structure fades away, leaving a painful gap. While experiencing this difficulty firsthand, Amy Jorgensen, the mother of an adult with a disability, decided to change things.

SNAP (Special Needs Activity Program) is a weekly, gospel-centered activity night designed specifically for individuals with intellectual dis-

ing with local leaders, divine timing intervened when a woman who had led a similar program in St. George moved into her ward. Her experience helped move the idea from concept to reality.

What started as one small group of 11 adults across five stakes has grown into more than 200 participants and five SNAP programs across 20 stakes in the East Valley. Every Thursday night during the school year, participants gather in meetinghouses from Gilbert to San Tan Valley to dance, laugh, play games, learn gospel principles, and feel deeply loved and seen. Each adult is paired with a youth counselor—typically a junior or senior in high school—who serves as their buddy and friend.

"Every SNAP night is a success because we gather in a spirit of love and belonging," Amy says. "My capacity for love has grown tremendously from serving here. Watching our youth develop empathy and confidence through service is just as powerful as seeing our participants find joy."

In addition to weekly gatherings, each SNAP group may host special events. Annual favorites include a talent show, prom night, and a community-wide Christmas nativity sing-along. There is no cost to families for regular

SNAP's mission is simple yet profound: to help participants anchor to Christ through friendships, gospel learning, and meaningful social experiences. The SNAP leadership team hopes to see the program expand across the entire Phoenix Valley.

To get involved or start a SNAP in your area, speak with your bishop or stake president. If you live in Gilbert, Queen Creek, or San Tan Valley and would like to serve, share a hobby, or offer support, reach out to your local leaders—or email the SNAP leadership directly at thejorgensens@gmail.com.



Participants enjoy a friendly game of Uno during SNAP activities.

abilities aged 18 and older (or those in their final year of high school). Inspired by a long-running program in Utah called "Special Needs Mutual," SNAP brings together participants and youth buddies in a spirit of joy, connection, and Christlike love.

Amy felt called to care for these special young adults, like her own daughter, as she saw the increase in depression, withdrawal, and the painful loss of community after high school. Watching the joy her daughter experienced in the Best Buddies program at school, she envisioned a church-supported environment that could offer the same companionship, consistency, and spiritual nourishment. After nearly a year of advocat-



Group members build connections through shared experiences and creativity.

SNAP attendance, and most stakes cover expenses for special events. The Queen Creek Stake also organizes a yearly FSY-style day experience for disabled teens and a Special Olympics-style track and field event in the fall.



Students engage in team-building and enrichment activities at SNAP.

In a world where belonging can feel elusive, SNAP offers a place where people feel welcome, included, and loved, and that is something everyone needs.

VALLEY TEMPLE SCHEDULES

Additional Information:

- Appointments for proxy ordinances are encouraged. Patrons without appointments are also welcome, but may be asked to wait for an opportunity to participate. To schedule or modify a proxy appointment, visit your temple's information at <https://www.churchofjesuschrist.org/temple>
- Patrons are encouraged to bring their own temple clothing.
- Ordinances for family names must be done in proper sequence—baptism, confirmation, Melchizedek Priesthood ordination (males), initiatory, endowment, and then sealing. Please allow sufficient time to perform all the ordinances you wish to complete during your visit. For additional help and information, please call the temple.
- Please contact the temple for more information or if you have special circumstances or needs.
- Temple websites can be found by searching [churchofjesuschrist.org/temple](https://www.churchofjesuschrist.org/temple)

Gilbert Arizona Temple

3301 S. Greenfield Rd, Gilbert, AZ, 85297

(1) 480-822-5000

Services: Clothing rental available. No Cafeteria

Upcoming Closures 2025

Friday, July 4, 2025

Saturday, October 4, 2025

Monday, October 6, 2025 - Monday, October 20, 2025

Mesa Arizona Temple

101 S. LeSueur, Mesa, AZ, 852014

(1) 480-833-1211

Services: Clothing rental available. No Cafeteria

Upcoming Closures 2025

Friday, July 4, 2025

Monday, September 22, 2025 - Friday, October 3, 2025

Saturday, October 4, 2025

Phoenix Arizona Temple

5220 W. Pinnacle Peak Road, Phoenix, AZ 85310

(1) 623-474-9500

Services: No clothing or cafeteria

Upcoming Closures 2025

Friday, July 4, 2025

Saturday, October 4, 2025

Monday, November 3, 2025 - Monday, November 17, 2025

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